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|---|--|---|--|--|
| <b>July 3</b><br>Fruit Juice<br>LASAGNA<br>Peas<br>Carrots<br>Texas Toast<br>Milk   | <b>July 4</b><br><br><b>Independence Day</b>   | <b>July 5</b><br>SALISBURY STEAK w/GRAVY<br>Mashed Potatoes<br>Scandinavian Mixed Vegetables<br>Fruit<br>Cracked Wheat Roll<br>Milk | <b>July 6</b><br>Fruit Juice<br>CRISPY FISH FILLET<br>w/Tartar Sauce<br>“Yummy” Potatoes<br>Broccoli<br>WW Bread<br>Milk | <b>July 7</b><br>CORNED BEEF & CABBAGE<br>w/MUSTARD<br>Carrots<br>Mashed Potatoes<br>Pears<br>WW Bread<br>Milk |
| <b>July 10</b><br>HAWAIIAN HAY STACKS<br>Rice<br>Cinnamon apples<br>California Mix Vegetables<br>Fortune Cookie<br>WW Bread<br>Milk | <b>July 11</b><br>Fruit Juice<br>OVEN FRIED CHICKEN<br>Mashed Potatoes<br>Mixed Vegetables<br>WW Bread<br>Milk                   | <b>July 12</b><br>PEPPER STEAK W/RICE<br>Broccoli Normandy<br>Stewed tomatoes<br>Pudding<br>Cracked Wheat Bread<br>Milk             | <b>July 13</b><br>HAM SALAD<br>Coleslaw<br>Fruit Salad<br>WW Bread<br>Milk   | <b>July 14</b><br>Sweet and Sour Chicken Breast<br>Rice<br>Italian Blend Vegetable<br>Bread<br>Milk            |
| <b>July 17</b><br>Fruit Juice<br>HAM LOAF w/GRAVY<br>Mashed Potatoes<br>Carrots<br>3 Bean Salad<br>WW Bread<br>Milk                 | <b>July 18</b><br>HOT TURKEY SANDWICH<br>Mixed Vegetables<br>Mashed Potatoes<br>Cranberry Sauce<br>WW Bread<br>Milk              | <b>July 19</b><br>CHICKEN CACCIATORI<br>Italian Mixed Vegetables<br>Noodles<br>Tossed Salad<br>WW Bread<br>Milk                     | <b>July 20</b><br>PORK CHOP<br>w/MUSHROOM AND RICE<br>California Mixed Vegetables<br>Peach Crisp<br>WW Bread<br>Milk     | <b>July 21</b><br>BBQ BEEF SANDWICH<br>Baked Beans<br>Mixed Vegetables<br>Coleslaw<br>Bun<br>Milk              |
| <b>July 24</b><br>TUNA SALAD<br>Broccoli Salad<br>Carrot/Raisin Salad<br>WW Bread<br>Milk   | <b>July 25</b><br>CRISPY FISH FILLET<br>w/Tartar Sauce<br>Cheesy Mashed Potatoes<br>Stewed Tomatoes<br>Fruit<br>WW Bread<br>Milk | <b>July 26</b><br>OVEN FRIED CHICKEN<br>Potatoes<br>Beets<br>Carrot/Raisin & Pineapple Salad<br>WW Bread<br>Milk                    | <b>July 27</b><br>Fruit Juice<br>CHICKEN RICE CASSEROLE<br>Green Beans<br>Corn<br>Cracked Wheat Roll<br>Milk             | <b>July 28</b><br>HOT ROAST BEEF SANDWICH<br>Potatoes/ Gravy<br>Peas and Carrots<br>WW Bread<br>Milk           |
| <b>July 31</b><br>Fruit Juice<br>BEEF STROGANOFF<br>w/NOODLES<br>Spinach<br>Yellow Squash<br>WW Bread<br>Milk                       |  |   |  |  |

Substitutions may be required  
to ensure a nutritious meal.

JULY 2006

**July 3**  
Fruit Juice  
LASAGNA  
Peas  
Carrots  
Tossed Salad  
Texas Toast-Garlic butter  
Milk

**July 10**  
HAWAIIAN HAY STACKS  
Rice  
Jell-O with fruit  
California Mix Vegetables  
Fortune Cookie  
WW Bread  
Milk

**July 17**  
Fruit Juice  
HAM LOAF w/GRAVY  
Mashed Potatoes  
Carrots  
3 Bean Salad  
WW Bread  
Milk

**July 24**  
TUNA SALAD  
Soup  
Broccoli Salad  
Carrot/Raisin Salad  
WW Bread  
Milk

**July 31**  
Fruit Juice  
BEEF STROGANOFF  
w/NOODLES  
Spinach  
Yellow Squash  
WW Bread  
Milk

**July 4**  
**Independence Day**

**July 11**  
Fruit Juice  
OVEN FRIED CHICKEN  
Mashed Potatoes  
w/Gravy  
Mixed Vegetables  
WW Bread  
Milk

**July 18**  
HOT TURKEY SANDWICH  
Mixed Vegetables  
Mashed Potatoes  
Cranberry Sauce  
Tossed Salad  
WW Bread  
Milk

**July 25**  
CRISPY FISH FILLET  
w/Tartar Sauce  
Cheesy Mashed Potatoes  
Stewed Tomatoes  
Fruit  
WW Bread  
Milk

**July 5**  
SALISBURY STEAK w/GRAVY  
Mashed Potatoes  
Scandinavian Mixed Vegetables  
Fruit  
Cracked Wheat Roll  
Milk

**July 12**  
PEPPER STEAK W/RICE  
Broccoli Normandy  
Stewed tomatoes  
Pudding  
Cracked Wheat Bread  
Milk

**July 19**  
CHICKEN CACCIATORI  
Italian Mixed Vegetables  
Noodles  
Tossed Salad  
WW Bread  
Milk

**July 26**  
OVEN FRIED CHICKEN  
Potatoes with Gravy  
Beets  
Carrot/Raisin & Pineapple Salad  
WW Bread  
Milk

**July 6**  
Fruit Juice  
CRISPY FISH FILLET  
w/Tartar Sauce  
“Yummy” Potatoes  
Broccoli  
WW Bread  
Milk

**July 13**  
HAM SALAD OR  
EGG SALAD  
Coleslaw  
Fruit Salad  
Soup  
WW Bread  
Milk

**July 20**  
PORK CHOP  
w/MUSHROOM AND RICE  
California Mixed Vegetables  
Tossed Salad  
Peach Crisp  
WW Bread  
Milk

**July 27**  
Fruit Juice  
CHICKEN RICE CASSEROLE  
Green Beans  
Corn  
Cracked Wheat Roll  
Milk

**July 7**  
CORNED BEEF & CABBAGE  
w/MUSTARD  
Carrots  
Mashed Potatoes  
Pears  
WW Bread  
Milk

**July 14**  
Sweet and Sour Chicken Breast  
Rice  
Italian Blend Vegetable  
Tossed salad  
Bread  
Milk

**July 21**  
BBQ BEEF SANDWICH  
Baked Beans  
Mixed Vegetables  
Coleslaw  
Bun  
Milk

**July 28**  
HOT ROAST BEEF SANDWICH  
Potatoes/ Gravy  
Peas and Carrots  
Tossed Salad  
WW Bread  
Milk

Substitutions may be required  
to ensure a nutritious meal.

Frozen meals are available for weekends  
and days that no meals are served-  
Upon request and arrangements with  
Site Manager. \$3.00 donation encouraged

# JULY 2006